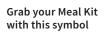


# Mexican Popcorn Chicken & Garlic Rice with Charred Corn-Tomato Salsa & Garlic Aioli

**NEW** 

KID FRIENDLY

**CLIMATE SUPERSTAR** 













Tomato

**Baby Spinach** 





Sweetcorn

Chicken Thigh







Tex-Mex Spice Blend



Garlic Aioli

Coriander



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me First

Tonight's chicken is really 'popping off' (please forgive the pun). A touch of heat and the fun of Mexican inspired flavours and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to balance with the smokey sweet corn and tomato salsa. It's bound to be a pop-ular dish (okay we're done now).

**Pantry items** 

Olive Oil, Butter, Plain Flour, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid  $\cdot$  Large frying pan

## **Ingredients**

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
basmati rice	1 medium packet	1 large packet		
water*	1½ cups	3 cups		
tomato	1	2		
baby spinach leaves	1 small packet	1 medium packet		
sweetcorn	1 medium tin	1 large tin		
chicken thigh	1 medium packet	2 medium packets OR 1 large packet		
Tex-Mex spice blend	1 medium sachet	1 large sachet		
cornflour	1 medium sachet	1 large sachet		
plain flour*	1 tbs	2 tbs		
white wine vinegar*	drizzle	drizzle		
garlic aioli	1 medium packet	1 large packet		
coriander	1 packet	1 packet		
peeled prawns**	1 packet	2 packets		
a. a.a.				

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3193kJ (763Cal)	732kJ (175Cal)
Protein (g)	46.1g	10.6g
Fat, total (g)	24.5g	5.6g
- saturated (g)	7.7g	1.8g
Carbohydrate (g)	86.1g	19.7g
- sugars (g)	7.9g	1.8g
Sodium (mg)	912mg	209mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2739kJ (655Cal)	<b>748kJ</b> (179Cal)
Protein (g)	22.8g	6.2g
Fat, total (g)	22.9g	6.3g
- saturated (g)	7.3g	2g
Carbohydrate (g)	86.9g	23.7g
- sugars (g)	8.8g	2.4g
Sodium (mg)	1466mg	401mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





# Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water and a generous pinch of salt, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until rice is tender and the water is absorbed, 10 minutes.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Get prepped

- Meanwhile, roughly chop tomato and baby spinach leaves.
- Drain sweetcorn.
- Cut chicken thigh into 2cm chunks.

**Little cooks:** Older kids can help out with the can opener under adult supervision.



## Char the corn

- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes.
  Transfer to a medium bowl.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! Meanwhile, combine chicken, Tex-Mex spice blend, a pinch of salt and a drizzle of olive oil in a second medium bowl. Set aside.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

**Custom Recipe:** If you've upgraded to peeled prawns, pat prawns dry and coat as above.



# Cook the chicken

- Add cornflour and the plain flour to the chicken and toss to coat.
- Return frying pan to high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, dust off any excess flour from chicken, then cook, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Transfer to a paper towel-lined plate.

Custom Recipe: Return frying pan to medium-high heat, with enough olive oil to coat the base. Cook prawns, tossing, until lightly brown and starting to curl up, 3-4 minutes.



## Toss the salsa

- Meanwhile, to the bowl with the corn, add tomato, baby spinach and a drizzle of white wine vinegar and olive oil.
- · Season to taste and toss to combine.

**Little cooks:** Take the lead by tossing the salsa!



## Serve up

- Divide garlic rice and charred corn-tomato salsa between bowls.
- Top with Mexican popcorn chicken and dollop over garlic aioli. Tear over coriander to serve. Enjoy!

**Custom Recipe:** Top garlic rice with Mexican popcorn prawns.



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